



BLACKSHEEP NEWS

C Co 25th AVN REGT.

Volume I, issue ii

September 2005

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Special points of interest:

- Household, parenting and beauty tips inside!
- Upcoming FRG Car Wash!
- Recipe Swap!
- We need your submissions!

COMMANDER'S CORNER MAJ. BRIAN RAE



Aloha to the Soldiers and family members of the Blacksheep team! I need to thank all of you who took part in the Family Readiness Group carwash on August 8th. The carwash was a resounding success, with funds raised resulting in a significant step towards the needs to support our Company Holiday Party and other requirements for the FRG. Your next opportunity to have fun, get wet, clean some cars and raise more funds will be on September 7th when the Company hosts another car wash on Schofield Barracks, 9 AM until 3 PM. If you'd like to volunteer to help, just ask!

We had a large group of Soldiers participate in a 1st Battalion, 25th Aviation Regiment training exercise over the last week of July and the first two weeks of August. Our team had a large role in

the tremendous success of the exercise. My hat (beret!) is off to these Soldiers for their numerous accomplishments, and to their families remaining here during their absence. These exercises are required to maintain and improve the mission readiness of this Company and the entire Aviation Brigade, and I appreciate your sacrifices. Another training opportunity is on the horizon, this time in October supporting 3rd Squadron, 4th Cavalry regiment. When you are identified to take part, get ready for the challenge and seek ways to learn more about your chosen profession; it will pay off in the long run.

As I write this, we are still finalizing the location and date for our Company Holiday Party. Ideas and suggestions are still welcome! We

will publish the date and location in the October edition of our newsletter.

The FRG Board will conduct its next meeting at 6:30 PM on September 7th in the Company headquarters building. If you'd like to get involved, you are whole-heartedly welcome and highly encouraged to attend. Your services are needed. Look for details soon regarding a fun event that will occur on the evening of September 15th: a Blacksheep evening of bowling at the Schofield Bowling Lanes! All are invited to come in, have some fun, enjoy the competition, and foster Company spirit. I will be there, and I hope to see you as well.

Best regards,

Maj. Rae

FROM THE FRG

Hello All:

I just wanted to take this opportunity to introduce myself. My name is Sarah and I am the new co-leader for the Blacksheep FRG. I will be filling in along with Dawn while Ginger is in Korea. If you have any questions or suggestions regarding the FRG please feel free to contact me. My e-mail address is sarahb98@hotmail.com.

Thanks to all who helped out at the last car wash! I couldn't be in attendance but I know that we did a great job!

The fundraising that we will be doing will go toward our Holiday party in December. We really want all of you to have a great time so if you have any suggestions regarding the party or fundraising please let us know. Your support helps the whole company. Also, look forward to attending a Company bowling night in September! Single soldiers, married couples, and children are all welcome! Don't feel like bowling? Then come out to enjoy a few pupus with friends. More information will be coming your way soon.

Again, if you have any questions or suggestions please write to me and I will help as much as I can. Thank you for the opportunity to let me speak on behalf Ginger and the Blacksheep FRG. I hope to see and meet more of you at bowling night!

Sincerely,

Sarah
Co-Leader C25 FRG

"Your
support helps
the whole
company"

UPCOMING EVENTS

September 1st

Military Idol Competition: Tropics on Schofield 7pm call 655-8522 for info.

Salsa Classes: Schofield Physical Fitness Center 5pm 655-4804

Medieval Family Fair: Hale Kula Elementary 5-7 pm Jousting, spinning wheel, calligraphy and medieval dance.

September 7th

FRG Car Wash: 9-3pm Outside Schofield Car Care Center.

September 8th

NFL Season kickoff: All you can eat taco bar or pizza offerings. Begins at 5pm 655-0660

September 17th

Dog wash/vaccination: Fort Shafter Vet clinic 8-1pm Walk-in's Welcome for dog wash, vaccinations must have an appointment. 433-2771

Learn to Swim Program Sign up for all Sessions at Richardson Pool. Students must be registered at Child and Youth Services to enroll at the pool. Levels 1-3, nine 30-minute classes are \$35 and Levels 4-6 and Adult classes are available for nine 45-minute classes for \$40. Call 655-1128 for more information

Fix N Relax. Bring your automobile to the Schofield Auto Craft Center for an oil change, tire rotation, balance, tire repair, or transmission service and they will provide transportation to and from the Tropics while you wait. Tropics features McGregor's Market, a coffee, smoothie, and dessert bar. Additionally, the Tropics has FREE computer access, video games, and more. To make your Auto Craft Center appointment call 655-9368



**FRG CAR
WASH!**

SEPT. 7

9AM-3PM

TIPS OF THE MONTH

Household Cleaning:

Home Shampoo Formula

Lightly soiled carpets can be shampooed using a home formula of 1 tablespoon light-duty detergent (such as liquid dish detergent) whipped with 1 cup warm water to form heavy suds. Never use soap, ammonia washing soda, or strong household cleaning agents on carpeting. Soap leaves a sticky residue that encourages re-soiling. Harsh cleansers are not necessary and may have an adverse effect on carpet fibers and dyes.

Apply the dry suds to a small area at a time with a damp sponge. Remove soiled suds with a spatula and rinse with clear, cool water. Repeat process until entire carpet is cleaned; overlap areas as you work. Be careful not to over-wet the carpet. When carpet is thoroughly dry, vacuum to remove any residue or suspended soil.



FUN WITH YOUR KIDS

Marble Painting

Supplies

Marbles, golf balls or any other small
Round objects
Paint (washable is best!)
Coffee can w/ lid
Construction paper
Scissors

Line the coffee can with construction paper of your choice, (you may have to cut it to fit). Drip different colors of the paint down the inside of the coffee can. Put the marbles or golf balls inside the coffee can and replace the lid. Shake, roll, or toss the can however you like to move the paint and balls around. Remove the paper from the can and allow to dry. You have a lovely piece of artwork from your child.

*Your family and your love
must be cultivated like a
garden. Time, effort, and
imagination must be
summoned constantly to
keep any relationship
flourishing and
growing.*

– Kim Rohn

AT HOME BEAUTY REMEDIES

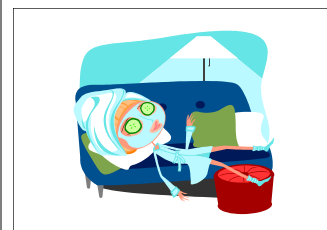
Gentle Eye Makeup Remover

1 tablespoon canola oil
1 tablespoon castor oil
1 tablespoon light olive oil

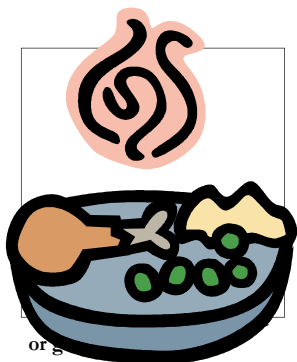
Mix the ingredients together and pour into a clean container

To use pour a small amount of oil onto a clean white cotton ball and gently wipe over your upper and lower eyelashes and eyelids. This removes all traces of mascara.

Yields 1 1/2 ounces.



Send us your submissions!
c25newsletter@yahoo.com



Recipe Swap

CROCK POT LEMON GARLIC CHICKEN

2 lbs. chicken breasts boneless and skinless
1 1/2 t. oregano leaves crushed
1/2 t. seasoned salt
1/4 t. pepper freshly ground
2 T. butter
1/4 C. water
4 T. fresh lemon juice
4 cloves garlic minced
2 t. chicken bouillon
2 t. fresh chopped parsley

Wash chicken and dry on paper towels. Combine oregano, salt and pepper in a small bowl. Sprinkle on the chicken and pat it in. Fry the chicken breasts until browned in the butter. Transfer chicken to the crock-pot.

Add the water, lemon juice, bouillon, garlic and parsley to the pan. Scrape any browned bits from the bottom of the pan. Bring mixture to a boil and pour over the chicken. Cover and cook on High for 2 1/2 - 3 hours or on Low for 5 - 6 hours. Add parsley and baste chicken. Cover and cook another 15 - 30 minutes.

DID YOU KNOW?

First settled by Polynesians sailing from other Pacific islands between A.D. 300 and 600, Hawaii was visited in 1778 by British captain [James Cook](#), who called the group the Sandwich Islands. Hawaii was a native kingdom throughout most of the 19th century, when the expansion of the sugar industry (pineapple came after 1898) meant increasing U.S. business and political involvement. In 1893, [Queen Liliuokalani](#) was deposed, and a year later the Republic of Hawaii was established with [Sanford B. Dole](#) as president. Following annexation (1898), Hawaii became a U.S. territory in 1900.

The [Japanese](#) attack on the naval base at [Pearl Harbor](#) on [Dec. 7, 1941](#), was directly responsible for U.S. entry into [World War II](#). Hawaii, 2,397 mi west-southwest of San Francisco, is a 1,523-mile chain of islets and eight main islands—[Hawaii](#), [Kahoolawe](#), [Maui](#), [Lanai](#), [Molokai](#), [Oahu](#), [Kauai](#), and [Niihau](#). The Northwestern Hawaiian Islands, other than [Midway](#), are administratively part of Hawaii. Hawaii's highest peak is [Mauna Kea](#)

